

# LIFE HACK SERIES

**For Teens**

**Summer 2015**

## June

### **Personal Safety Workshop**

*Monday, June 22nd, 6:30 - 7:30 pm*

For grades 8-12. Representatives from the Newington Police Department will demonstrate and teach teens how to take steps to protect themselves. Registration required.

### **Whole Foods Cooking Demonstration**

*Tuesday, June 23rd, 6:30 -7:30 pm*

For grades 6-12. A representative for Whole Foods, Raymond Road will run an interactive cooking demonstration to teach about healthy eating and demonstrate some food-related life hacks. Snacks will be served. Registration required.

## July

### **Self-Defense Demonstration**

*Monday, July 6th, 6:30 -7:30 pm*

For grades 6-12. A representative from Villari's in Newington, will run an interactive, karate-based self-defense demonstration. Registration required.

### **Acting with Mrs. Kuca**

*Tuesday, July 7, 6:30 – 8:30 pm*

For grades 6-12. Boost your public speaking skills through fun acting games and activities with Mrs. Kuca from Martin Kellogg. Registration required.

### **Teen Social Skills**

*Thursday, July 16, 1:00 – 2:30 p.m.*

For grades 6 -12. Pat Meskill, Newington's Clinical Services Coordinator, will discuss important social skills, both verbal and nonverbal behaviors, involved in daily social interactions. Teens should leave with an improved skill set so that they can determine how to act appropriately in the company of people in a variety of different situations. Lunch will be served. Registration required.

### **Teen Nutrition**

*Monday, July 20, 6:30 -7:30 pm*

For grades 6-12. Dr. Christine Loudon, local naturopathic doctor, will share information about nutrition and health specific to teens through an interactive presentation. Registration required.

### **Cultivating Confidence**

*Monday, July 27, 6:30 – 8:00 p.m.*

Do you struggle to be confident in yourself and your abilities? You're not alone! Even extraordinary and accomplished people have these same concerns. Join us for an interactive multi-media program by the Connecticut Women's Hall of Fame and see how some of our state's most remarkable women overcame obstacles and grew into confident leaders! Be inspired by the powerful stories of women like Marian Anderson who dealt with racial discrimination, Sophie Tucker who struggled with body image, Dorrit Hoffleit whose own mother considered her dumb because of her gender, and others across many fields. Registration required.

***Each of these programs are part of the Life Hack series for teens.***

*Life Hacks are any skills or shortcuts that increase efficiency in daily life. Teens will earn a prize ticket for every Life Hack program they attend. Prize tickets can be entered into the grand drawing for a \$75 gift card to a place of their choice.*

***This program series is separate from the Teen Summer Reading Program.***

**Remember to check out the Teen Section of the Footnotes newsletter for our regular Teen summer programs!**

# July cont'd

## Stew Leonard Cooking Demonstration

*Tuesday, July 28th, 6:30 - 7:30 pm*

For grades 6-12. A representative for Stew Leonard's will run an interactive cooking demonstration to teach about healthy eating and demonstrate some food-related life hacks. Snacks will be served. Registration required.

## Adventure Bound Challenge

*Wednesday, July 29, 9:30am-3:30pm (rain date July 31)*

We invite you to a day of adventure at the Newington Challenge Course that will begin with "low ropes" games and problem solving activities. After Lunch we'll move on to the high adventure course where we will facilitate climbing on our high obstacle course. We follow the "Challenge By Choice" philosophy that encourages participants to participate at their individual comfort levels. Our facilitators are trained and certified in Challenge Course programming. **Teens must register by July 22.** Waiver forms will be available at the Adult Information Desk. Participants will meet at 9:00 a.m. on the front steps of the library. Please bring lunch and water for the day. *Sponsored by the Human Services Department of Newington.*

## Teen Issues: Looking In Theatre Performance

*Thursday, July 30, 7:00 p.m.*

For ages 13 – 18. Looking In Theatre is a group comprised of teenagers from the greater Hartford area, who present dramatic scenes dealing with important social, family, and personal issues. A typical presentation involves a series of dramatic scenes followed by a moment of audience participation where students interact with the characters to discuss the issues portrayed. The aim of the program is to highlight the topics so that audience members may talk about these issues openly and to clarify their own personal values so that they can make more informed decisions regarding their own lives. You will not want to miss this! Registration Required.

# August

## Fitness Workshop

*Tuesday, August 4, 6:30 – 7:30 pm*

For grades 6-12. Come dressed and ready for a workout! Leehna Ware, a local fitness trainer, will lead a workout and share additional information for teens about health and fitness. Registration required.

## Financial Literacy

*Wednesday, August 5, 6:30 – 8:00 p.m.*

Barbara Gunterman, Membership Development and Public Relations Officer for Dutch Point Credit Union, will be presenting information on the foundations of banking. Topics including saving, checking and borrowing will be discussed to help prepare students for real world application at a young age. Registration required.

## First Aid Workshop

*Thursday, August 6<sup>th</sup>, 6:30 – 8:30 pm*

For grades 6-12. A representative from Newington Volunteer Ambulance will be coming to teach important first aid skills. Registration required.

## Outdoor Survivors

*Tuesday, August 11, 9:30am-3:30pm (rain date Aug. 12)*

What would you do if you needed to spend the night outdoors in the woods unexpectedly? Learn how to use a map and compass, make a shelter, find water and use whatever resources available on you and around you. Our day will take place in Peoples State Forest in Barkhamsted, CT. The instructors are trained, experienced outdoor educators that are excited to share their knowledge and experiences in the outdoors. **Teens must register by August 4.** Waiver forms will be available at the Adult Information Desk. Participants will meet at 9:00 a.m. on the front steps of the library. Please bring lunch and water for the day. *Sponsored by the Human Services Department of Newington.*

## Contact Us

Email or call if you have any questions!

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You can now text us  
@ 860-327-4270 to register for  
teen programs!

Visit us on the web at  
<http://www.newingtonct.gov/library>

*The second half of the  
Life Hack series will  
resume in Spring  
2016...stay tuned for  
further information!*

*Lucy Robbins Welles*  
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